

17-Year-Old Schoolboy Wins Prof. Titus' 1924 Contest for Building Better Bodies!



Winner of first prize. Name on request.

He Refused the \$1,000 Cash Prize and Accepted this Handsome Gold Medal Instead, Because He Did Not Want to Lose His Amateur Standing



Physical Culture Feb. 1925

ON December 31st, my 1924 Contest for Building Better Bodies, open to all those who take my course, and which has run continuously since January 1, 1924, was brought to a dazzling close. I am showing you here the young man who won the first prize. In the next issue of *Physical Culture*, I will show you the winner of the second prize—a fine silver medal.

As evidence of the remarkable closeness of the contest, I have felt it only fair to distribute no less than one thousand beautiful bronze medals to my other pupils, who revealed a remarkable gain in strength and muscular development second only to that of the two prize-winners.

The results of this contest convincingly prove that *Titus Methods and Apparatus* can develop the average man or boy in a few short weeks from a puny, undersized, bloodless, pe pless weakling into a veritable giant of all-round virility and power, capable of performing feats of strength with an ease and surety that would make many a professional strong man look well to his laurels.

I wish I could only show you before-and-after pictures of the many thousands of my pupils who entered the contest, as well as those of the many thousands who did not enter, but who simply took my course for its own sake. You would be fairly swept off your feet by the overwhelming tribute that such an array of pictures would pay to the *soundness and infallibility* of my system of body training.

Titus Methods Are Good Because Based on Common Sense

My course is founded on my well-tested theory that you can't develop big, sturdy muscles *without resistance*. For that reason, I include with my course apparatus, *personally designed by me*, which insures *progressive resistance* for every pupil.

Do you long for a perfect body? Look at this schoolboy again.

There was nothing exceptional about him. He was just an average youth without any muscular development to speak of. So what I did for him I can do for you, bringing out all your latent physical powers and enabling you to develop muscles as strong as those of an ox and as supple as those of a tiger. In fact my course obtains such remarkable results from pupils of any size, type or class that it was like splitting hairs to choose between the first and second prize-winners and the thousands of others who entered the contest and took my course.

Many of the World's Strongest Men Endorse My Course

Such record holders as the great Barnes, Rolandow, Arthur Saxon, William D. Waring, August W. Johnson, and many others use and recommend the Titus System. But the young man who won my contest is not a professional, nor does he wish to be. Even a fat cash award of \$1,000 plumped into his hands could not tempt him away from his amateur standing. There are thousands and thousands who feel the same way. If you are ambitious to be a professional strong man, you are taking the right course when you take the Titus Course. If you want to be just an amateur athlete, or to keep your pep up to par for business, professional life or social pleasures, then there is nothing on earth that will build you into a *real man* with real manhood surging through every artery, vein, gland and muscle, like my system.

I Show You in Advance What You Get—Who Else Does?

I am proud of my apparatus and what it will do. I am glad to show it to you in advance of taking my course. I believe that you must have proper apparatus to develop real strength—and that's exactly what you get when you take my course.

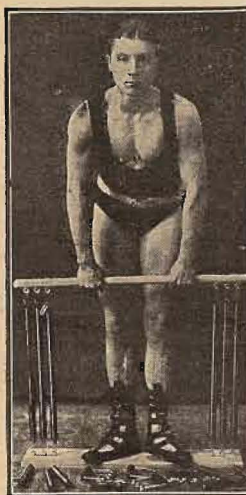
Get My 64-Page Book, "Building Better Bodies"

My wonderfully complete 64-page book, "Building Better Bodies," is a remarkable encyclopaedia of authentic information on my course and what it has done and is doing for scores of my now famous pupils. The most casual reading of this book will make you ashamed of your weakness and soft, flabby muscles. It will offer you every inducement to become a strong man, filled with the wonderful strength and virility which will make men and women alike pay homage to you.

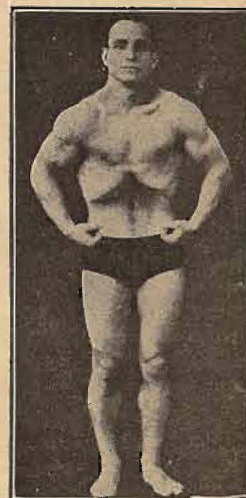
Get this big, magnetic, inspiring book **TODAY SURE**. Simply mail the coupon, or a postcard, and you will receive book by return mail. It's yours to keep. No obligations to you—no strings attached to this offer. Send **TODAY** while this free offer is still open. When you read it, make up your mind to take my course and be eligible for my 1925 Contest for Building Better Bodies.



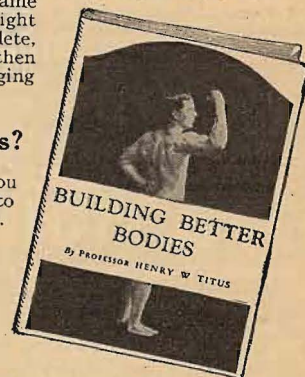
Before taking my course, he looked like this, weak, frail and undeveloped.



But my methods and apparatus changed him to a marvel of muscular development, strength and grace.



William D. Waring, the famous professional strong man and who is one of the many record holders developed by my system.



PROF. HENRY W. TITUS,
Dept. 22, 105 East 13th Street, New York City.

Dear Sir—Please send me at once without cost your **FREE** book, "Building Better Bodies." It is understood that there is no obligation on my part whatsoever.

Name.....
Street No.....
City..... State.....